

# Utah State Office of Education's Health and Physical Education Professional Development

---

**Course:** *Fitness for Life*  
**Date:** June 13-16, 2011  
**Time:** 8:00 AM - 12:00 PM  
**Site:** St. George, UT (Site TBA)  
**Instructor:** Curtis Hale, Frank Wojtech  
**Fee:** \$75.00 (Payable to Granite School District)

Course Description: This course is designed to provide information, strategies and resources to assist a physical educator in teaching fitness in the secondary schools. It will include all elements of physical fitness, nutrition and stress management. Participants will learn how to provide individualized fitness prescriptions and how to assess fitness levels and fitness programs. An assignment is required for USOE credit.

---

Please fill in information and send to Curtis Hale with \$75.00 registration check:

Name: \_\_\_\_\_

District: \_\_\_\_\_

School: \_\_\_\_\_

Home Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Send to:** Curtis Hale  
Curriculum Specialist- Health/PE /Athletics  
2500 South State Street  
Salt Lake City, UT 84115-3110

Further information contact: [crhale@graniteschools.org](mailto:crhale@graniteschools.org)

**REGISTRATION DEADLINE: May 20, 2011**